

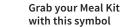
Prep in: 15-25 mins

Ready in: 30-40 mins

One-Pot Moroccan Lamb Meatball & Veggie Stew

with Couscous, Yoghurt & Mint

NEW















Lamb Mince





Chermoula Spice

Fine Breadcrumbs



Blend

Crushed & Sieved Tomatoes

Vegetable Stock Powder



Couscous









How can you possibly improve on lamb meatballs stewed in a perfectly spiced tomato-based sauce with all your favourite veg? Cook it all in one pot! Served upon a bed of fluffy couscous with cooling yoghurt and fragrant mint on top, this dish goes straight to the top of the charts.

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan0

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
lamb mince	1 medium packet	2 medium packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	1/4 tsp	½ tsp
chermoula spice blend	1 medium sachet	1 large sachet
crushed & sieved tomatoes	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	⅓ cup	½ cup
vegetable stock powder	1 large sachet	2 large sachets
couscous	1 medium packet	1 large packet
boiling water*	3/4 cup	1½ cups
Greek-style yoghurt	1 medium packet	1 large packet
mint	½ large packet	1 large packet
Greek-style yoghurt**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2856kJ (683Cal)	472kJ (113Cal)
Protein (g)	43.2g	7.1g
Fat, total (g)	24.9g	4.1g
- saturated (g)	10.8g	1.8g
Carbohydrate (g)	72.3g	11.9g
- sugars (g)	17.6g	2.9g
Sodium (mg)	2195mg	362mg
Custom Posins		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3039kJ (726Cal)	463kJ (111Cal)
Protein (g)	46.1g	7g
Fat, total (g)	27.3g	4.2g
- saturated (g)	12.2g	1.9g
Carbohydrate (g)	78.6g	12g
- sugars (g)	20.5g	3.1g
Sodium (mg)	2223mg	339mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Thinly slice carrot into half-moons. Thinly slice celery.
- In a medium bowl, combine lamb mince, ras el hanout, fine breadcrumbs, the **egg** and the **salt**.
- Using damp hands, roll heaped spoonfuls of lamb mixture into small meatballs (4-5 per person).
- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat. Cook meatballs, turning, until browned, 4-5 minutes (cook in batches if your pan is getting crowded).



Make the couscous

- Meanwhile, boil the kettle. Place couscous and the remaining vegetable stock powder in a medium heatproof bowl.
- Add the **boiling water** (3/4 cup for 2 people / 1½ cups for 4 people) and stir
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



Make the stew

- Add carrot and celery, and cook, tossing until tender, 4-5 minutes.
- Add chermoula spice blend and cook until fragrant, 1 minute.
- Add crushed & sieved tomatoes, the brown sugar, butter, water and half the vegetable stock powder.
- Reduce heat to medium and simmer for 5-7 minutes.



Serve up

- Divide couscous between bowls. Top with lamb meatball and veggie stew.
- Dollop with Greek-style yoghurt and tear over mint (see ingredients) to serve. Enjoy!

Custom Recipe: If you've doubled your Greek-style yoghurt, add extra yoghurt as above.